

Ras y Mast 2014 - Seniors

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>
157	1	Harry Jones		25	M	41.10
183	2	Dylan Lewis	Sarn Helen	32	M	43.04
135	3	Daniel Hooper	Sarn Helen	41	M40	43.29
166	4	Ken Caulkett	Aberystwyth	33	M	44.12
159	5	Daniel Rushton	Intr Tri	38	M	44.40
141	6	Glyn Price	Sarn Helen	47	M40	44.44
161	7	Gareth Davey	Neath Harriers	38	M	46.49
163	8	Dave Powell	Aberystwyth	54	M50	46.54
138	9	Marin George	Llanelli AC	38	M	47.18
142	10	Carwyn Davies	Sarn Helen	37	M	47.28
171	11	Simon Hall	Sarn Helen	35	M	47.32
101	12	Michael Davies	Sarn Helen	45	M40	47.39
181	13	Steven Holmes	Sarn Helen	40	M40	47.43
128	14	Gethin Jones	Sarn Helen	41	M40	47.59
137	15	Aled Jones Davies	Trots	33	M	48.29
174	16	Geraint Willaims		40	M40	48.35
113	17	Andrew Poole		36	M	48.52
108	18	Kevin Regan	Sarn Helen	33	M	49.31
148	19	Chris Lewis		33	M	49.44
184	20	Andrew Davies	Sarn Helen	46	M40	50.01
191	21	Matthew Rose	Aberystwyth	27	M	50.26
158	22	David Thomas	Sarn Helen	51	M50	50.31
167	23	Calvin Williams	Sarn Helen	52	M50	50.37
162	24	Louise Barker	Aberystwyth	39	F35	50.59
187	25	Clara Evans	Pontypridd	21	F	51.05
182	26	George Eadon	Sarn Helen	29	M	51.27
177	27	Kevin Hughes	Sarn Helen	41	M40	51.55
176	28	Claire Cleathore	Tata Multi Sport	40	F35	52.05
251	29	Nigel Davies	Sarn Helen	42	M40	52.21
188	30	Paul Graham	Pontypridd	22	M	52.50

153	31	Barry Owen		40	M40	52.57
168	32	Tony Hall	Sarn Helen	59	M50	53.03
131	33	Sian Trace	Amman Valley Harriers	22	F	53.10
140	34	Nick Merrony	Trots	55	M50	53.27
179	35	John Marson	Kidwelly Flyers	41	M40	53.58
132	36	Gordon Orme	Cardigan Rc	72	M50	54.07
118	37	Mark Terry	Trots	57	M50	54.54
185	38	Huw Davies		46	M40	54.58
172	39	Micahel Taylor		55	M50	55.01
165	40	Richard Gravell	Kidwelly Flyers	29	M	55.06
186	41	Jonathon Jones	Trots	44	M40	55.12
175	42	Tom Bryant	Trots	27	M	55.17
133	43	Andrew Rees	Amman Valley Harriers	41	M40	55.28
143	44	Huw Price	Sarn Helen	51	M50	55.52
102	45	Eric Rees	Sarn Helen	43	M40	56.28
160	46	Sian Roberts Jones	Sarn Helen	34	F	56.42
173	47	Richard Phillips	Trots	38	M	56.53
105	48	Hywel Jones	Amman Valley Harriers	52	M50	57.06
150	49	David Morgan	Kidwelly Flyers	36	M	57.50
149	50	Chris Gray	Kidwelly Flyers	31	M	58.07
164	50	Ryan King	Kidwelly Flyers	42	M40	58.07
180	52	Peter Moody	Carmarthen Harriers	71	M50	58.41
129	53	Mitchell Redwin	Sarn Helen	31	M	58.46
104	54	Dawn Kenwright	Sarn Helen	59	F45	59.20
136	55	Mark Bleasdale	Dyfed Powys Police	46	M40	59.27
106	56	Dorian Rees	Sarn Helen	38	M	59.32
123	57	Nick Venables	Sospan Road Runners	34	M	59.38
130	58	Aneurin James	Sarn Helen	47	M40	59.51
190	59	Angharad Evans	Aberystwyth	25	F	59.55
124	60	Eleri Rivers	Sarn Helen	40	F35	60.00
127	61	Elen Page	Sarn Helen	49	F45	61.01
152	62	R Wxton	Cardigan Rc	55	M50	62.10

155	63	Jane Wilkins	Cardigan Rc	51	F45	62.30
189	64	Sam Elcomb	Emlyn Runners	44	M40	63.09.57
121	65	Helen Willoughby	Sarn Helen	50	F45	63.09.98
146	66	Mike Catling	WFRA	54	M50	64.38
110	67	Robert Smith	Pembrokeshire Harriers	53	M50	65.02
144	68	Nesta Thomas		23	F	69.13
112	69	Gareth Jones	Sarn Helen	48	M40	71.38
154	70	Jason Wilkins	Cardigan Rc	44	M40	74.03
120	71	Andrea Brabrook		42	F35	75.30
119	72	Alison Terry	Trots	54	F45	77.12
114	73	Allen Watts	Sarn Helen	86	M50	DNF

1st TEAM - Aberystwyth AC

Ken Caulkett

Dave Powell

Louise Barker